

# Affirmations

Sit comfortably in front of Shri Mataji's picture, with your left hand palm upwards on your lap. Use the right hand as indicated on the left side of your body to support the movement of the Kundalini upwards.

You can use the affirmations silently, repeating them 'inside' without speaking them 'outside'.

Please use this affirmations with all your confidence and your pure desire to become the Spirit.

Shri Mataji explains: "It is everyone's right to achieve this state of ones evolution and everything necessary is already inbuilt. But as I respect your freedom you have to have the desire to achieve this state, it cannot be forced upon you!"



"Mother, am I the Spirit?" (3 times)



"Mother, I am not guilty." (16 times)



"Mother, I forgive everyone." (7 times)



"Mother, am I my own master?" (3 times)



"Mother, please give me the Pure Knowledge." (6 times)



"Mother, please forgive me whatever I have done wrong." (7 times)



"Mother, please give me my Self-Realization." (7 times, turning your scalp clockwise with your hand 7 times.)



"Mother, I am my own master." (10 times)



"Mother, I am the Spirit." (12 times)

Dear Friend, \_\_\_\_\_

Congratulations on your first Sahaj experience today.

We hope your first experience with Sahaja meditation was a blissful and peaceful experience!

So... what did you feel when you received your realization?

- A cool breeze in the palm of your hands?
- Sensations or vibrations in your body, hands or feet?
- Heat or tingling?

- A cool breeze from the top of your head ?

- Were you simply relaxed and peaceful?

- Were you thoughtless and yet alert?

Different people experience different things the first time they get the experience of self-realization. It is an experience that even the most renowned intellectuals and saints have found difficult to translate into words. We suggest that tonight you rest and embark tomorrow on a profound inner journey.